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# School Lunch *Recipes* for Main Dishes and Desserts

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DEPARTMENT OF AGRICULTURE  
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## Preface

The recipes in this publication were developed and standardized in the School Lunch Recipe Testing Laboratory of the Bureau of Human Nutrition and Home Economics at the request of the Food Distribution Branch, Production and Marketing Administration. Through arrangements made by the Food Distribution Branch with school lunch supervisors of the State departments of education, recipes were then submitted to individual schools throughout the country and from them, dishes were prepared and served as a part of a regular school lunch menu. The purpose of the field testing conducted in the spring of 1952, was to determine: (1) Clarity of directions, (2) practicability of procedures, and (3) acceptability to school-age children.

The main dish recipes were tested in schools in 19 States as follows: Alabama, Arkansas, Colorado, Florida, Georgia, Iowa, Kansas, Maryland, Massachusetts, Mississippi, Missouri, New Jersey, New Mexico, Ohio, Rhode Island, Tennessee, Texas, Virginia, and Wisconsin. The dessert recipes were tested in several schools in Maryland and Virginia.

Acceptance by children of the dishes prepared from the individual recipes varied considerably by schools. Three proposed recipes were discarded on the basis of the field tests. General acceptance of those included in this publication was good. The comments and recommendations made by school lunch personnel and children were most helpful.



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## CHEESE-MEAT LOAF

Main Dishes

100 Portions	Ingredients	Portions	Cost
14 pounds	Ground beef		
2 pounds	Cheese, chopped		
4 ounces (3/4 cup)	Chopped green pepper		
1-1/2 pounds (1 quart)	Chopped onion		
2 pounds (2 quarts)	Fine dry bread crumbs		
3 ounces (3/8 cup)	Salt		
1 teaspoon	Thyme		
3/4 teaspoon	Garlic salt		
1-1/2 dozen	Eggs, beaten**		
1 No. 10 can	Tomatoes, sieved*		

Portion: 1 slice (about 1/2 cup). Provides 2-ounce serving protein-rich food.

1. Thoroughly mix meat, cheese, green pepper, onion, crumbs, and seasonings.
  2. Blend eggs and tomatoes into meat mixture.
  3. Place in loaf pans.
  4. Bake at 350°F. (moderate) for 1-3/4 hours.
- \* 1-1/2 quarts tomato puree plus 1-1/2 quarts water, or 3 cups tomato paste plus 2-1/4 quarts water may be used instead of sieved tomatoes.
- \*\* 9 ounces (2-1/4 cups) dried whole egg plus 2-7/8 cups lukewarm water may be used in place of shell eggs.

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## HAM AND BEAN SCALLOP

Main Dishes

100 Portions	Ingredients	Portions	Cost
5-1/2 pounds (3 quarts)	Dry navy beans		
2 gallons	Boiling water		
2 ounces (1/4 cup)	Salt		
12 ounces (1-1/2 cups)	Butter or margarine		
1 pound (2-2/3 cups)	Finely chopped onion		
6 ounces (1-1/2 cups sifted)	Flour		
1 tablespoon	Dry mustard		
1-1/3 tablespoons	Salt		
1 gallon	Hot milk*		
1-1/2 pounds	Cheese, grated		
5 tablespoons	Worcestershire sauce		
3-1/2 pounds	Diced cooked ham		
3 cups	Fine dry bread crumbs		
1/2 cup	Butter or margarine		

Portion: 1/2 cup (No. 8 scoop). Provides 2-ounce serving protein-rich food.

1. Add beans to boiling water. Boil 2 minutes. Remove from heat and soak 1 hour (or overnight if more convenient).
  2. Add salt and boil gently until beans are tender. Add water, if needed, to cover beans during cooking.
  3. Make sauce: Melt fat; add onion and cook until tender. Blend in flour, dry mustard, and salt. Stir into hot milk. Cook until thickened, stirring frequently. Blend in cheese and Worcestershire sauce.
  4. Combine beans, ham, and sauce.
  5. Place in baking pans. Top with crumbs which have been mixed with the butter or margarine.
  6. Bake at 350°F. (moderate) about 40 minutes.
- \* 1 pound (4 cups) nonfat dry milk mixed with 1 gallon water may be used.

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## LIVER-SAUSAGE LOAF

Main Dishes

100 Portions	Ingredients	Portions	Cost
9-3/4 pounds	Beef liver		
8 pounds	Pork sausage		
12 ounces (2 cups)	Onions, finely chopped		
20	Whole eggs*		
1/2 ounce (3 tablespoons)	Nutmeg		
12 ounces (3 cups sifted)	Flour		
2 teaspoons	Salt		
1-1/4 quarts	Milk**		

1. Finely grind the liver. Combine with the sausage.
2. Add onions, eggs, nutmeg, flour, salt, and milk. Blend thoroughly (on mixer, beat at low speed).
3. Place in ungreased baking pans.
4. Bake at 350°F. (moderate) for 1-1/2 hours.
5. Serve with tomato sauce (2 table-  
spoons to a serving).

\* 10 ounces (2-1/2 cups) dried whole egg plus 3-1/8 cups water may be used instead of shell eggs.

\*\* 5 ounces (1-1/4 cups) plus 1-1/4 quarts of lukewarm water may be used in place of fluid milk.

Portion: 1 slice (about 3 ounces). Provides 2-ounce serving protein-rich food.

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## SAUSAGE SHORTCAKE

Main Dishes

100 Portions	Ingredients	Portions	Cost
30 pounds	Bulk sausage		
4 pounds (4 quarts sifted)	Flour		
3/4 pound (3 cups)	Nonfat dry milk		
3 ounces (1/2 cup)	Baking powder		
2 tablespoons	Salt		
1-1/2 pounds (3 cups)	Fat		
About 2 quarts	Water		

1. Portion sausage with a No. 8 scoop (1/2 cup). Place on baking sheets and flatten into cakes.
2. Bake at 350°F. (moderate) for about 40 minutes. Drain well.
3. Make biscuit dough: Blend dry ingredients. Rub or cut in fat. Add water to make a dough soft enough to drop from a spoon. Mix quickly.
4. Place a No. 24 scoop (about 3 table-  
spoons) of biscuit dough on top of each sausage cake; spread dough to cover sausage.
5. Bake at 400°F. (hot) 15 to 20 minutes or until biscuits are golden brown.

Portion: 1 shortcake. Provides 2-ounce serving protein-rich food.

Note: Serve with tomato sauce.  
(recipe H2 in card file)

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## SCRAMBLED EGGS AND CHEESE

Main Dishes

100 Portions	Ingredients	Portions	Cost
6-2/3 dozen	Eggs		
1 quart	Evaporated milk*		
1-1/2 tablespoons	Salt		
2-1/2 pounds	Cheese, grated		
1/2 pound (1 cup)	Butter or margarine		

1. Beat eggs slightly. Blend in the milk, salt, and cheese.
2. Divide egg mixture and fat to suit size of cooking utensil to be used.
3. Cook by one of the methods listed below.

Portion: 1/4 cup (No. 16 scoop). Provides 2-ounce serving protein-rich food.

Fry pan. -- Melt fat in pan and add egg mixture. Cook over low heat until thickened, stirring often.

Double boiler. -- Melt fat in top of double boiler; add egg mixture. Cook until thickened, scraping from sides of pan frequently.

Oven. -- Melt fat in baking pans; add egg mixture. Bake at 325°F. (low) until thickened (about 40 minutes). After 15 minutes stir frequently.

\* 4 ounces (1 cup) nonfat dry milk plus 1 quart of lukewarm water and 1/3 cup butter or margarine may be used in place of the evaporated milk or 1 quart whole milk and 2-2/3 tablespoons butter or margarine (in addition to butter or margarine used in recipe).

Note: If time permits a better product results when smaller amounts are prepared during the serving period.

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## PORK-APPLE SALAD

Salads

100 Portions	Ingredients	Portions	Cost
6-1/4 pounds (5-1/4 quarts)	Diced cooked pork		
5 pounds (1-1/4 gallons)	Diced apples		
2 pounds (2 quarts)	Diced celery		
2 pounds (2-1/4 quarts)	Shredded carrots		
1 pound (1 quart)	Sliced green pepper		
About 3 cups	Salad dressing		
To taste	Salt		

1. Combine ingredients, using enough salad dressing to coat well.
2. Portion with a No. 8 scoop (1/2 cup).
3. Serve on salad greens if desired.

Portion: 1/2 cup (No. 8 scoop). Provides 1-ounce serving protein-rich food.

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## DATE-PEANUT BUTTER PUDDING

Desserts

100 Portions	Ingredients	Portions	Cost
5-1/2 pounds	Pitted dates, ground*		
2 quarts	Water		
2-2/3 dozen	Oranges		
2-1/4 pounds (1-1/2 quarts)	Lemon flavored gelatin		
1-1/2 quarts	Boiling water		
7 pounds 3 ounces (3-1/8 quarts)	Peanut butter		
3 quarts	Evaporated milk		
1 tablespoon	Salt		
3/4 cup	Lemon juice		

1. Cook ground dates in the water until soft.
  2. Peel and section oranges, dicing the sections.
  3. Dissolve gelatin in boiling water. Cool.
  4. Blend the cooked dates and peanut butter. Gradually add the milk.
  5. Combine the date-peanut butter mixture with the dissolved gelatin, salt, lemon juice, and diced oranges.
  6. Chill and serve.
- \* 3 quarts finely ground cooked prunes may be used instead of the dates.

Portion: 2/3 cup (No. 6 scoop).

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## HONEY DATE COOKIES

Desserts

100 Portions	Ingredients	Portions	Cost
1-1/2 pounds (3 cups)	Fat		
8	Eggs, beaten		
3 pounds (1 quart)	Honey		
2-1/4 pounds (2-1/4 quarts sifted)	Flour		
3-1/3 table- spoons	Baking powder		
2 teaspoons	Salt		
1 pound (1 quart)	Chopped nuts		
1-1/4 pounds (3 cups)	Chopped dates		

1. Cream fat and eggs well. Add honey and beat 3 minutes.
2. Add flour, baking powder, and salt to the creamed mixture.
3. Stir in nuts and dates. Portion with a No. 40 scoop. Place cookies on a greased baking sheet and bake at 375°F. (moderate) for 10-12 minutes.

Portion: 2 cookies

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## ORANGE COCONUT CUSTARD (with cottage cheese)

## Desserts

100 Portions	Ingredients	Portions	Cost
4 ounces ( $\frac{3}{4}$ cup)	Unflavored gelatin		
1 quart	Cold milk*		
32	Eggs		
8 ounces ( $1\frac{3}{4}$ cups)	Cornstarch		
5- $\frac{1}{2}$ pounds ( $2\frac{3}{4}$ quarts)	Sugar		
1- $\frac{3}{4}$ gallons	Hot milk*		
8- $\frac{1}{2}$ pounds ( $4\frac{1}{4}$ quarts)	Cottage cheese		
1 cup	Lemon juice		
2 teaspoons	Grated orange rind		
2 tablespoons	Vanilla		
12 ounces (1 quart)	Shredded coconut, chopped		

1. Soak gelatin in cold milk.
  2. Beat eggs, cornstarch, and sugar until well blended.
  3. Gradually add hot milk to egg mixture. Cook mixture in a double boiler, stirring constantly until it thickens.
  4. Add gelatin to hot custard, stirring until gelatin is dissolved. Cool.
  5. Beat cottage cheese, lemon juice, orange rind, vanilla, and coconut until well blended. Fold into custard and mix well.
  6. Chill. Garnish with toasted coconut or cherries.
- \* 1- $\frac{3}{4}$  pounds (1- $\frac{3}{4}$  quarts) nonfat dry milk mixed with 1- $\frac{3}{4}$  gallons water may be used.

Portion:  $\frac{1}{3}$  cup (No. 20 scoop).

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